

Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

APRIL 22, 2005

Face of ‘Terror’

Navy overpowers Marines in B-Ball Championships

Sgt. Joseph A. Lee
Sports Editor

In this year's intramural basketball championship game, the Terror Squad of VP-47 defeated 1/12, 48-38, in a “who’d a thunk it” matchup Tuesday night at the Semper Fit Center.

After the statistically worst team in the league, 1/12, knocked the regular season champs, HSL-37, out of the tournament, there was no telling what might happen when 1/12 faced VP-47 in the championship game Tuesday night.

It was obvious that the team from 1/12 was on a mission early in the game when shooting guard Carl Griffin sunk the first three-point shot — this was not the same 1/12 team. The Terror

Squad came to realize this after Griffin and 1/12 had stacked up an early 14-9 lead. Reacting with a couple three-point shots of their own, Shaw Ballentine and Marquis Ball allowed the Terror Squad to quickly tie the game back up at 19-19. Between Griffin and center Thomas Moates, 1/12 kept the Terror Squad defense working, as the twosome kept the game close for 1/12 throughout the half. But with big Scott Sabau and Kendrick Hall under the net, a missed shot was not something 1/12 could afford, as the dominating forwards snatched up rebounds like Shaq and a Doublemint twin.

Sabau and Hall muscled the ball from 1/12 several times as the half came to a close, sending the message that the Terror Squad was taking control of this game — by force if necessary.

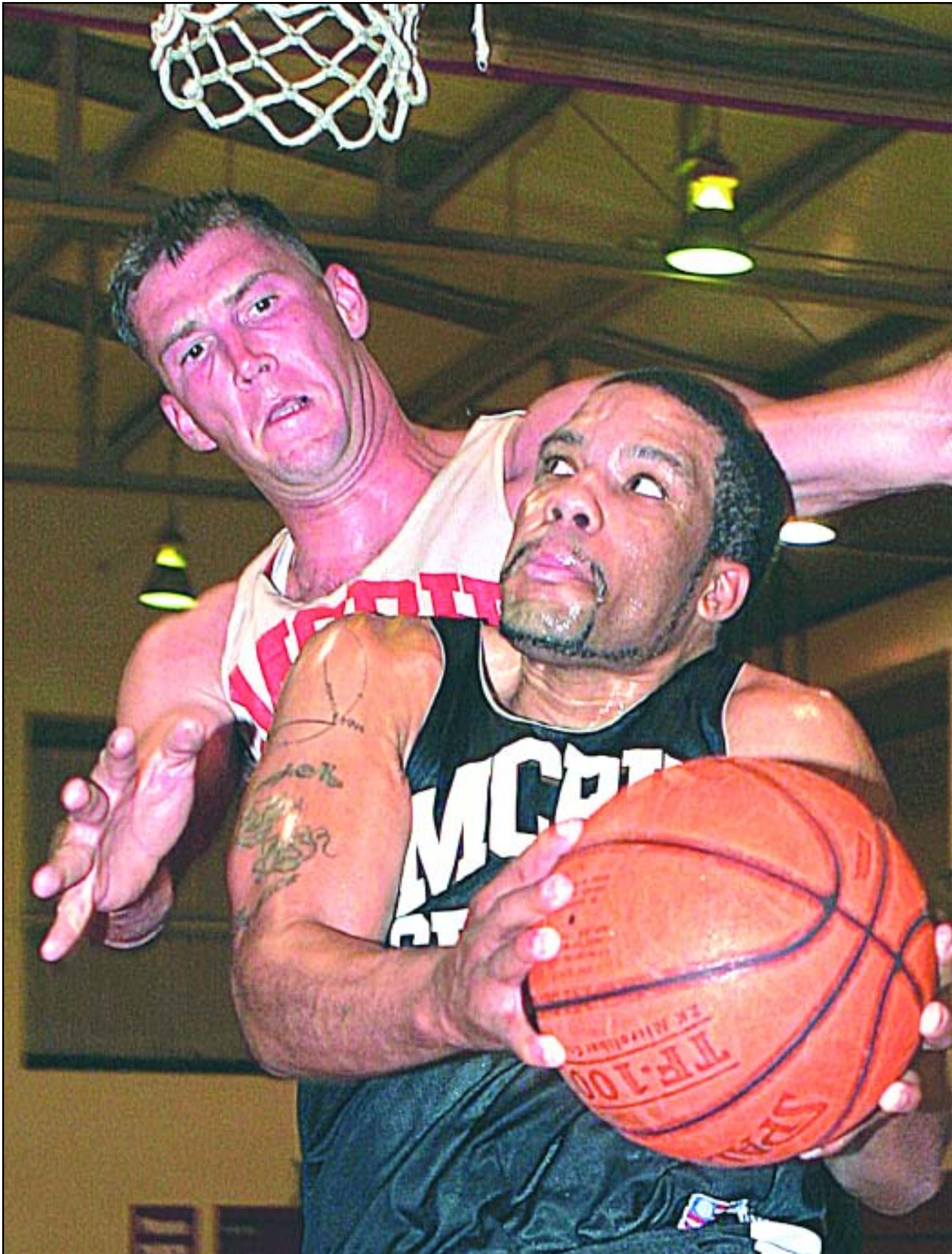
After the half, 1/12 shooting guard Calvin Smith and Griffin

See TERROR, C-6



Sgt. Joseph A. Lee

First row, from left to right: Brian High, Keith Morgan and Marquis Ball. Second row, from left to right: Jovan Mosby, Scott Sabau, Shaw Ballentine and Kendrick Hall. Other members not pictured that played for the Terror Squad this year are Michael Byers, Ben Solomon and Mike Maxwell. The Terror Squad used their players’ size to muscle over the competition.



Sgt. Joseph A. Lee

Jovan Mosby (right), Terror Squad forward, gets airborne under the hoop Tuesday night, just before being fouled by 1/12 center, Thomas Moates. The Marines from 1/12 compensated too heavily by double-covering the Terror Squad’s big forwards during the championship game, allowing their outside shooters to capitalize late in the game, collecting a round of three-pointers that won the game for VP-47.

Baseball championships approach

MAG-24 to face the winner of tonight’s game

**Sgt. Joseph A. Lee and
Cpl. Nathan C. Benson**
Sports Editor and Contributing Writer

The Black Sox of MAG-24 pulled off an 11-6 win Tuesday night to secure their place in the intramural baseball championship game Monday night, as the Headquarters Battalion Knights face off against 1/12 tonight for the right to challenge the Sox for the title.

In Tuesday night’s game, the intramural baseball league’s time-limit rule proved to be beneficial for MAG-24, as the Black Sox pulled off the win despite a 1/12 two-out rally in the top of the sixth.

MAG-24 got the offense going early in the bottom of the first, scoring five runs with a lead-off double by Rory Chapin, followed by three bases on balls and an error. The Sox managed to grab one more run in the second when Kenny Coquillard stole home after thieving his way to third after a single.

“I saw that the pitcher wasn’t paying much attention to me over at third, and I just saw the opportunity and went for it,” Coquillard said of the heist.

It was slow going for 1/12 until the top of the third, which produced two leadoff walks, followed by a single and a double to score three runs to bring them within three. But the MAG team wasn’t finished yet. The Black Sox followed suit, scoring three

more in the bottom of the third, thanks to two doubles from John Zaledonis and Chapin again for his second of the night. After a scoreless fourth inning for 1/12, MAG-24 came with the bats again, with a leadoff single by Sean O’Connor, followed by a home run by Logan Carraway.

“I was just looking to drive it hard up the middle, but it ended up with a lot more distance than I expected,” said Logan of the two-run shot.

After a quiet fifth inning for both sides, 1/12 showed up in the sixth with some offense of their own, scoring three runs on two singles and three walks to bring the Black Sox lead to within five. Unfortunately for the 1/12 squad, their chance to come back in the seventh was curtailed by the standing league rule that limits games to two and a half hours of play.

“They were really making us nervous towards the end there,” said MAG right-fielder Chris Bradley of the late-inning run. “We’ve played them before, and I know that quitting isn’t in their vocabulary. It just came down to the fact that we had more runs after two and a half hours and for that we are fortunate.”

Moving on to Wednesday night, the Golden Eagles of VP-9 faced off against a re-vitalized Headquarters Battalion Knights, coming off their win against VP-47 Monday night. In the first inning, the Knights were able to rocket to a 9-0 lead, scarring the determined spirit of the Eagles’ team early while losing their lead-off batter, Eric Deleon, to a unsportsmanlike conduct call by the umpire.

Not about to give up, VP-9

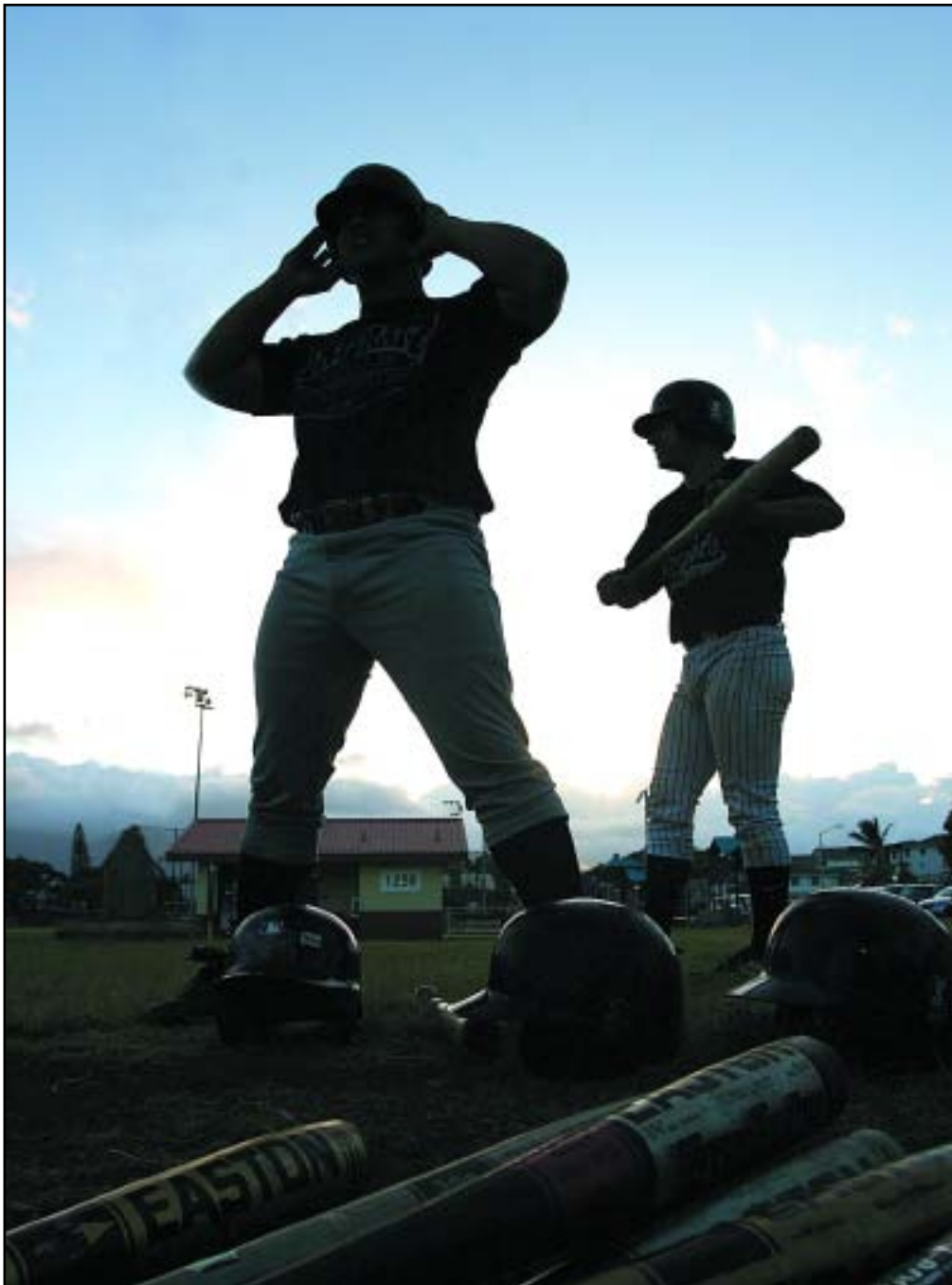
stepped right back in the game in the bottom of the first, when second baseman Nate Ostensen crushed a ground roll double that bounced over the fence. The Eagles were able to score two runs in the first before the Knights returned to the plate.

First at bat, Mike Ricks hit a clean center-field drop that Eagles’ center fielder Mark Harlow was able to scoop up on a diving catch, determined not to allow any more Knights runs. But mistakes granted the Knights more runs, as infield errors plagued the VP-9 defense, allowing one more run in the second inning, 10-2 Knights.

The Eagles were forced to chip away at the Knights lead little by little, as their defense held strong, allowing only two more runs in the second. More errors by VP-9 looked like trouble in the top of the third as the Knights tacked on one more and were in a position to strike with two runners on when both Ricks and Joe Balcom were caught off-base allowing the Eagles the two outs they needed to close the side.

In the bottom of the third, the Eagles put their game faces on and were able to close the gap with three more runs, courtesy of Dave Harrington and Dan Zimmerman, bringing the game within the Eagles reach at 11-7. But the Knights just wouldn’t let this one go. With a fresh arm in the game for both teams, the Knights didn’t seem to have any trouble finding the weaknesses of VP-9 pitcher Travis Tanillo, as they were able to score three in the top of the fourth and use their new pitcher, Balcom, to

See BASEBALL, C-6



Sgt. Joseph A. Lee

Akaniao Kozeniewski (left), Knights shortstop, and Pedro Martinez, Knights pitcher, gear up for Monday night’s game against VP-47. The Headquarters Battalion Knights will face 1/12 at Riseley Field tonight at 6:15 p.m. to determine who will face MAG-24 for the championship on Monday.

BASE SPORTS

Saturday

CSSG-3 Dares You To “Be a Marine For a Day” — Break out your utility boots, but don’t scrape the mud off just yet — the JN Chevrolet 11th Annual CSSG-3 Swamp Romp is right around the corner. Oahu’s dirtiest footrace returns to Kaneohe Bay Saturday, so start cross training now. The race will begin at the Boondocker building, neighboring the Marine Corps Exchange Annex parking lot. The starting gun will give runners their first chance to get into the combat training mood at 7 a.m., sharp.

“This event offers our community an opportunity to be a Marine for a day without the harassment package associated with being away from home for Boot Camp,” mused Col. Brian Hearnberger, the commanding officer of the sponsoring unit, CSSG-3.

Every year, the Swamp Romp boasts a course that gets even the grunts grueling. This event is open to the daring, and CSSG-3 and JN Chevrolet are inviting everyone who thinks they can hack it to race.

Runners must have a team of six, and must all finish together. Teams that finish without a teammate will be penalized 60 seconds from their total race time. Awards and medals will be provided to the first-, second- and third-place finishers. Don’t worry about your car’s upholstery, showers will be provided on site to rinse off after the race; you’ll need it! Unit teams will be awarded CG’s Fitness Series points for participation. The entry fee is \$102 for all teams (nonrefundable), and include a specially designed Swamp Romp T-shirt. Those registering after today, are not guaranteed a T-shirt on race day.



Registration is closed to non DoD civilians, but all others may still register on race day by printing and filling out a registration form from the Web site below. If paying by personal check, please include your social security and phone number. If you register at the race, the total team fee will be \$120. Teams may enter in the following divisions based on team-members accumulative ages. Young Men: Total age not greater than 120 years. Warriors Men: Total age more than 120 years, but less than 210 years. Masters Men: Total age greater than 210 years. Women Open: Total age not greater than 210 years. Masters Women: Total age greater than 210 years. Mixed: three men, three women, any age. Register now at the Semper Fit Center. Printable registration forms can also be downloaded from www.mccshawaii.com. For the real dirt on the CSSG-3 Swamp Romp, call 254-7590 or 254-7597.

Saturday – Friday

Youth Soccer Registration Happening Now — Register your child for Youth Soccer now with Youth Activities. The season runs from June 25 to Aug. 20, and practices begin in early June.

The league hosts different divisions that accommodate youth born from 1989 to 2000. The cost is only \$45 for members and \$55 for nonmembers. Register your child now or, if you are interested in coaching the soccer league by calling 254-7610 or stopping by the Youth Activities Building 5082.

Windward Community Federal Credit Union makes all youth programs available aboard MCB Hawaii.



April 30

10k Run Aboard MCB Hawaii — 3rd Marine Regiment, in coordination with the Athletic Branch of Marine Corps Community Services, will conduct a 10k run aboard MCB Hawaii at 7:30 a.m.

The start and finish area will be at Pop Warner Field. A 1-mile Family Fun Run will be conducted at the conclusion of the 10k run.

This event is open to the general public. Awards will be given at the conclusion of the race event.

Register for the race by calling 254-7597.

Paintball Tournament — Team captains of five-person, randomly drawn teams will meet at 8 a.m. at the Lemon Lot for a paintball showdown. Equipment rental is \$30, and all-day air is an additional \$20 during tournament play. Paintballs must be purchased on the field only, and payment is to be made on the day of the tournament.

To register, send an e-mail to pbhawaii@paintballhawaii.com. For additional information, call Paintball Hawaii at 265-4283.

May 3

Intramural Soccer Coaches Meeting — For those interested in coaching an Intramural Soccer team, there will be a coaches meeting at the Semper Fit Center Basketball Gym on May 3 at 2 p.m. The league will begin on May 23. Call 254-7591 for more information.

May 4

Intramural Volleyball Coaches Meeting — For those interested in coaching an intramural volleyball team, there will be a

coaches meeting at the Semper Fit Center Basketball Gym on May 4 at 2 p.m. The league will begin on May 23. Call 254-7591 for more information.

May 14

Kaneohe Bay Summer Splash — Join the MCCS Aquatics crew for the 2005 Spring Splash to be held on May 14 at the newly renovated Kaneohe Bay Base Pool, from noon to 4 p.m. It’s free to military, family members, DoD civilians and reservists.

Enjoy music, games, demonstrations and more with numerous other events. Kids can take introductory lessons to snorkeling and surfing and watch awesome demonstrations. The Summer Splash will have swim lesson sign-ups and information ready for parents interested in enrolling their children.

To get in on the water action, call MCCS Aquatics at 254-7655.

Ongoing

Kaneohe Bay Pool Closure — The Kaneohe Base Pool will be closed from now through May 1 due to deck resurfacing, barring weather delays. For swimmers interested in lap and recreational swimming, The Officers’ Club pool will be open from 11 a.m. to 1 p.m. for lap swimming and is open from 1 to 5 p.m. for recreational swimming. The Officers’ Club pool will be open to all hands for the duration of main pool repairs.

The Kaneohe Base Pool will open on May 1 for normal operational hours which are: Saturdays, Sundays and holidays from noon to 5 p.m., closed on Mondays and open Tuesday through Friday from 11 a.m. until 1 p.m. for lap swimming, 1 to 5 p.m. for recreational swimming and from 5 to 6 p.m. for lap swimming. Call MCCS Aquatics at 254-7655 for additional information.

Aerobics Room Gets a Little Cooler — The Aerobics room at the Kaneohe Bay Semper Fit Center is getting a facelift! Air conditioners will be installed, which will impact class schedules.

The renovations will last from Monday through May 31, but the room will only be closed from Monday through May 13. Aerobics classes will remain at the center, but held in different rooms. Call 254-7597 for scheduling information.

Cheer on Your Favorite Team — Head down to the Semper Fit Center and catch intramural basketball playoffs Monday, and the championship game on Tuesday.

Intramural baseball has playoff games Monday, Tuesday, Wednesday and Friday.

Campground and Picnic Sites — For picnic and camping sites, MCB

Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase are available by reservation for picnics and parties from dawn to dusk. Hale Koa Beach may also be reserved for overnight camping.

Reservations are required. For reservations, call 254-7666 for Kaneohe or 477-5143 for Camp Smith.

Semper Fit Center Offers it All — The Semper Fit Center has an aerobics class for anyone and everyone trying to meet that New Year’s resolution.

Check out as many of the following programs as you would like; Yoga, Cycling, Tai Chi, Cardio-Kick, Gut Cut, Step-Challenge, Water Aerobics, Pilates, Marathon Training and much, much more.

For class information, call the Semper Fit Center at 254-7597.

Fishing Charters Available at MCB Hawaii — Spend the day aboard one of Mahalo Kai’s charter fishing boats. Mahalo Kai has been serving MCB Hawaii since 1992, offering a day of fishing in the bountiful waters off the Windward side.

For more information, stop by the Base Marina located in Building 1698, across from Hangar 101, or call 254-7666/7667.

Inexpensive, Fun Entertainment — Look no further for economical entertainment Mondays through Thursdays at the K-Bay Lanes where all E-5 and below can receive free rental shoes and discounted games at only \$1.50 a game. This discount is good for open play, but does not qualify for tournaments, leagues or unit functions.

Call the K-Bay Lanes at 254-7693 to get the spin.

Color Pin Special — Every Wednesday, roll a strike. When a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

Call the K-Bay Lanes at 254-7693.

Parents for Fitness — This cooperative baby-sitting effort is available at the Semper Fit Center for children 6 weeks and older.

All active duty service members and their families may participate; however, PFFP participants are required to volunteer baby-sit three times per month.

Call 235-6585 for more information.

Paintball Hawaii — Weekend single-day cost is only \$25 per person, and the fee includes one air refill, equipment and the field fee.

The field is open on weekends. Call 265-4283 for Friday appointments.

Semper Fit Group Exercise April 2005

Monday

8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3 / \$1 active duty)
5:45 – 6:45 p.m. — Kick Interval
6:45 – 7:45 p.m. — Pilates

Tuesday

6 – 7 a.m. — Cycling (\$3 / Free to active duty)
8:30 – 9:30 a.m. — Muscle Conditioning
9:30 – 10:30 a.m. — Yoga
11:30 a.m. – 12:30 p.m. — H.I.T.S.
11:45 a.m. – 12:15 p.m. — Butt Cut
6:30 – 7:30 p.m. — Step & Tone

Wednesday

6 – 7 a.m. — H.E.A.T.
8:45 – 10 a.m. — Step Challenge
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3 / \$1 active duty)
6:45 – 7:45 p.m. — Pilates

Thursday

6 – 7 a.m. — Cycling (\$3 / Free to active duty)
8:30 – 9:30 a.m. — Muscle Conditioning
11:45 a.m. – 12:15 p.m. — Butt Cut
11:30 a.m. – 12:30 p.m. — H.I.T.S.
6:30 – 7:30 p.m. — Step & Tone

Friday

8:45 – 10 a.m. — Step 2 It
11:45 a.m. – 12:15 p.m. — Gut Cut
4:45 – 5:45 p.m. — Cycling (\$3 / Free to active duty)
5:45 – 6:45 p.m. — Pilates

Saturday

9 – 10:30 a.m. — Step & Tone

Note: A book of 10 single-class coupons for \$2 each can be purchased for \$15 at the Semper Fit Center.

COMMUNITY SPORTS

HTMC to Hike Kalani

Saturday, join the Hawaiian Trail and Mountain Club on a 3-mile, intermediate hike in east Oahu. The first half of the hike is a steady uphill climb on a dirt road, from there the trail meanders down a ridge. Hikers should meet at Iolani Palace at 8 a.m. for the hike. A \$2 donation is requested for each nonmember, 18 and older. A responsible adult must accompany children under 18. Bring lunch and water on all hikes and wear sturdy shoes and clothing. Firearms, pets, radios and audio devices are prohibited on hikes.

Check out the HTMC Web site at www.geocities.com/Yosemite/Trails/3660 for more information. For detailed information, call coordinator Joyce Oka at 384-2221 or 735-2220.

2005 Sports Car Racing Gears Up

The Hawaii Region Sports Car Club of America will host six major races in 2005 and Solo II races on Oahu and Maui.

Solo II, or Autocross, is held at the Hawaii Raceway Park at Campbell Industrial Park on Oahu and costs \$25 per driver. About 70 to 90 cars, from stock vehicles to race cars, usually compete. The event is purely amateur, but anybody can participate.

Each driver receives four runs through the sports car course, and the driver with the single fastest time in the class wins.

Points acquired throughout the year accumulate for prizes and trophies presented at year’s end. Minimum participation in more than half of the year’s races is required to be in the running for points and the run-off championship.

Races are scheduled as follows: May 1, June 5, July 3, Aug. 14, Sept. 18, Oct. 2, Nov. 13 and Dec. 26. For more details, call Curtis Lee at 262-5987.

The Wheel-to-Wheel and Solo I racing events are regional sports car races at Hawaii Raceway Park. All drivers must pass a driver’s school to obtain a competition license, as the cars are raced at speeds of up to 140 mph and passing is permitted.

Both the driver and vehicle must comply with a number of safety features before they are

granted race entry.

Future races will be on the following dates: May 15, July 10, Sept. 5 and Nov. 26.

For more details, call Ed Hollman at 488-1782.

The Scenic Haleiwa Metric Century

The Hawaii Bicycling League, The Honolulu Advertiser, City Mill, North Shore News, and the Blue Cross/Blue Shield of Hawaii are teaming up to sponsor a 25k, 50k and 100k bicycle race, Sunday, scheduled to start and finish on the North Shore.

Starting in Haleiwa Town at the Kaiaka State Park, riders will follow the North Shore toward Swanzy Beach Park, 100 kilometers away, near Kaaawa, and will turn around at their respective aid stations at the 25-kilometer and 50-kilometer marks.

Snacks, drinks and mechanical support will be provided along the route, and a festival will take place at the North Shore Marketplace in Haleiwa at the conclusion of the race.

The deadline for mail-in entries has elapsed, but entries will be accepted the morning of the event, though late registrants do not receive a T-shirt with entry.

Children under 14 must be accompanied on the ride by an adult, and a bicycle helmet must be worn and properly fastened at all times.

The cost of entry is \$30 for non-HBL members, which includes a six-month membership, \$20 for HBL members, \$13 for children 14 and under, and an additional \$3 for an XXL T-shirt.

For questions about the race, visit www.hbl.org, or call 735-5756.

Dash & Splash at Kailua Biathlon

Biathletes are welcome to join in at the 2005 Dash & Splash in Kailua. The race is scheduled for Sunday at 7 a.m. at the Kailua Beach Park and Lanikai boat ramp. The run will consist of a 2.8-mile loop around Lanikai and the swim will 800 meters parallel to shore.

Awards will be given to the top three finishers in each age group as well as the top finisher in each relay division. Door prizes will also be given away.

Registration cost is \$25 for individuals and

\$45 for relays. An extra \$5 will be added for racers registering on race day.

Biathletes can register online at www.active.com or at the Running Room, 819 Kapahulu Ave., Honolulu. Packet pick-up is Sunday from 10 a.m. to 4 p.m. at the Running Room.

MPRRC to host 10K runs

The Mid-Pacific Road Runners Club will host a 10k run on the Pearl Harbor bike path, May 8 at 7 a.m. The race will begin at Lehua School. There will be an elite division along with age divisions. Another 10-mile run will take place at Schofield Barracks, May 22 at 6:30 a.m. MPRRC members pay only \$2 to register; the general public pays \$5.

Runners can register online at www.active.com or sign up on race day. Directions to Lehua School are available at www.mprrc.com/cdphbikepath.html.

Bikefactory to Host Triathlon

Mokuleia Beach Park on Oahu’s North Shore will be the setting of the Tarlavsky’s North Shore Triathlon 2005, May 28. The race will begin at 6 a.m. and consist of a 400-meter swim, 10-mile bike ride and three-mile run.

The race is in honor of Army Capt. Mike Tarlavsky, who was killed in Iraq, Aug. 12, 2004.

Classic beverage stein awards will go to the top three finishers in each individual division and mugs will go to members of top three teams in each division.

Individual divisions include: elite, age groups in five year increments and military for both men and women. Relay divisions include: men, women, military and mixed. North Shore residents may pick up packet at Mokuleia Beach Park on May 27, from 4 to 7 p.m. Honolulu residents may pick up their packet at Boca Hawaii, 330 Cooke St. (behind Bike Factory) May 22 and 23, from noon to 4 p.m. Please make every effort to come to packet pickup; there will be a \$5 charge to pick up your packet on race day.

Registration costs are \$60 per individual and \$100 per team. Check-In and Race Marking will be race morning from 4:30 to 5:45 a.m. Volunteers are welcome and

will receive a shirt and refreshments.

For more information call Chris Gardner at 372-8885.

State Offers Outdoor Education

The Hawaii Department of Land and Natural Resources is offering education classes to the public.

Subjects covered include firearms and archery safety, survival and first aid, wildlife identification and conservation, regulations, game care and outdoor responsibility. Attendance at two sessions is required for certification, and classes are open to anyone 10 and older who enjoy the outdoors — not just hunters.

The next two-day session is May 6 from 5:45 to 10 p.m. and May 7 from 7:45 a.m. to 4 p.m. in classroom A-212A at the Nimitz Business Center, 1130 N. Nimitz Hwy. (Drive up the ramp to the classroom, which is the first room on the right.) A picture ID is required for entry to the sessions. For more information about outdoor education, or to sign up for this course, call 587-0200 or visit www.hawaii.gov/dlnr/Welcome.html.

Mango Days 5K to benefit The Leukemia and Lymphoma Society

The 5K course is completely contained in beautiful Ala Moana Beach Park. All proceeds support The Leukemia and Lymphoma Society in finding a cure for blood cancers. The race kicks off June 5 at 6:30 a.m.

Registration fees are \$20 for individuals and \$20 for the baby jogger division. A post-race breakfast banquet will be held at Compadres for \$8 (breakfast is limited to 300 people). Register online at www.active.com through June 2. Packet pick-up is June 4 at Niketown Honolulu. Overall awards will be given for the top three male and female, overall masters male and female, 10 year age categories (three deep). There is also an additional category for baby joggers with prizes compliments of Stroller Strides.

Hawaii Marine Accepts Briefs

Advertise sports and recreational activities of interest in the *Hawaii Marine*.

E-mail items to editor@hawaiimarine.com or fax items to 257-1289.





The Bottom Line

(Editor’s Note: “The Bottom Line” is the **Hawaii Marine’s** weekly sports commentary from two sports aficionados who rarely see eye-to-eye when it comes to America’s one true obsession — sports. Chances are you’ll either agree with one of their takes or disagree with both. The **Hawaii Marine** welcomes your e-mails of no more than 250 words. We will print the top comment of the week from our readers. Send “Readers Strike Back” comments to editor@hawaiimarine.com. Remember, “If you don’t speak up, you won’t be heard.”)

Any rhythm to these NBA prophecies?

Sgt. Joe Lindsay
The Goat

“Every basketball player wants to be a rapper and every rapper wants to be a basketball player.”
- Shaquille O’Neal

Ever since the Beastie Boys rapped about it being Bill Laimbeer’s time to die in “Tough Guy” and Kurtis Blow serenaded about Magic, Bird and Bernard King in his hit song, “Basketball,” (later re-done by Master P), it seems that just about every NBA player has tried to get a wrist-band in the music biz.

In fact, one recent study said that up to 40 percent of NBA players have either invested in music labels, created their own label or have recorded their own songs.

Unfortunately, much to The Professor’s chagrin, the Bottom Line does not, at this time, have Napster-like downloading capabilities, so readers will be unable to listen via this column to such classics as “Thug Poet” by Kobe Bryant, err... K.O.B.E., “40 Bars” by Allen Iverson, err... Jewelz, and “2 Much Drama,” by Chris Webber, err... C-Webb.

So, in the spirit of the NBA’s newest craze, The Goat will now make his 2004-05 NBA first round playoff predictions set to the beats of Jay-Z or Little Orphan Annie (take your pick). Take the baseline out: No? You don’t have to... BOUNCE WITH IT!!

Hard Knock Life

Jason Kidd: *It’s the hard-knock life for us! It’s the hard-knock life for us!*

Shaq: *‘Stead a treated...*

Nets (chorus): *We get tricked!*

Rasheed: *‘Stead a kisses...*

Sixers (chorus): *We get kicked!*

Danny Ainge: *It’s the hard-knock life! Got no folks to speak of, so, it’s the hard-knock row we know!*

Reggie Miller: *Cotton blankets...*

Celtics (chorus): *‘Stead a wool!*

Scott Skiles: *Empty Bellies...*

Wizards (chorus): *‘Stead a full!*

Nets, Sixers, Celtics and Wizards (chorus): *It’s the hard-knock life!*

Steve Nash: *Don’t it feel like the wind is always howlin’?*

Mike Fratello and Paul Gasol (duet): *Don’t it seem like there’s never any light!*

George Karl and Carmelo (duet): *Once a day, don’t you wanna throw the towel in?*

Yao Ming and Tracy McGrady (duet): *It’s easier than puttin’ up a fight.*

Grizzlies, Nuggets, Kings and Rockets (chorus): *Empty belly life! Rotten smelly life! Full of sorrow life! No tomorrow life!*

Jason Kidd: *Champion-ships we never see...*

Vince Carter: *Champion-ships, what’s that,*

See GOAT, C-6

Capt. K.D. Robbins

The Professor

“Don’t hate the playa, hate the game.”

Well in this case, hate the playa. For The Goat to go off on his lyrical diatribe in the midst of what proves to be the most dynamic post-season in decades is purely criminal. But, that’s the way The Goat likes it.

So, “for entertainment purposes only,” the readership can either look to the column to the flank for a diminutive level of playoff intuition *or* they may keep reading for the wisdom that only comes in the form of scripture:

Professor 1:8 Miami Heat (1) vs. New Jersey Nets (8)

Jason Kidd and the rebirth of Vince-sanity have willed the Nets into the playoffs. Does it really matter? No eight seed beats a one. Shaq is the shadow of death. Heat 4–1.

Professor 1:8 Phoenix Suns (1) vs. Memphis Grizzlies (8)

Athleticism, home court and Steve Nash spell doom for the Grizz. Suns 4–0.

Professor 2:7 Detroit Pistons (2) vs. Philadelphia 76ers (7)

It takes a champion to win a championship. Chris Webber is no champion.

Zero depth spells the end of the Sixers, despite another MVP season for AI. Pistons 4–2.

Professor 2:7 San Antonio Spurs (2) vs. Denver Nuggets (7)

Tim Duncan limp = Bad news Spurs. The 7-footer can’t carry this team on a bad ankle. In a dogfight series, Carmello rises as the star he’s meant to be. Nuggets 4–3.

Professor 3:6 Boston Celtics (3) vs. Indiana Pacers (6)

Reggie Miller has no enforcer (Ron Artest) for this his swan song playoff run. It ain’t The Garden, but it’s poetic justice for the trash-talking Reggie Miller. Celtics 4–2.

Professor 3:6 Seattle Supersonics (3) vs. Sac. Kings (6)

Ray Allen, not enough. Sacramento knows the playoffs, Seattle don’t. Kings 4–3

Professor 4:5 Chicago Bulls (4) vs. Wash. Wizards (5)

It’s a shame that no one will watch these talented young teams who feature up-and-coming NBA stars. Arenas and Hughes is a lethal backcourt combo. Wizards 4–3

Professor 4:5 Dallas Mavericks (4) vs Houston Rockets (5)

See pre-season preview. Liked Dallas to

See PROFESSOR, C-6

READERS STRIKE BACK

Dear Bottom Line,

“I’m tired of hearing about the same subjects ... “

Golf a sport? Hardly. With Baseball season and the NBA finals coming up, surely there’s a better subject out there than golf.

How about who the number one draft pick is going to be? Frankly, I’m tired of hearing about the same old subjects people have been talking about for years.

Personally, I’d rather hear about some of the up and coming teams and players to be on the lookout

for. Normally if the subject of the bottom line isn’t one that interests me, I just skip over it, so how about an online survey to see what the readers want to hear about?

However keep one thing in mind; I’m just your average Marine, that hardly ever picks up a newspaper that has anything to do with the military, much less turn to the second page.

Adam Tack
Pittsburgh, Pa.

quotable

“American professional athletes are bilingual; they speak English and profanity.”

— Gordie Howe, 1975

Lifestyle changes put life in your style

Exercise and eating right is key to good living — it’s never too late to change

Jennifer L. Hochlan
www.LIFELines.usmc.mil

You probably know this — exercise is good for your heart, lungs, and overall body strength. It’s also good for your mind and your soul. It’s good for flexibility. It’s good for increasing your life span. It’s good for making the quality of your life better

as you age. And exercise can be as social as it is beneficial, which many people discover when they find a walking partner or join an exercise class they enjoy.

As you age, your level of activity directly affects your body. Less than 25 percent of Americans get adequate regular exercise. Inactive people can expect to lose about 30 percent of their strength and 40 percent of their muscle mass between the ages of 20 and 70.

But this loss is not inevitable. Moderate cardiovascular exercise, combined with minimal weight training, fights the loss of muscle mass. And you don’t need to pump iron or bench press 200 pounds to

reap the benefits. Just add a small amount of weight to your normal routine. Using your muscles helps to keep them healthy.

Eating right is equally important. Your body needs good food to feel healthy and strong and fight off disease and injury. The benefits of a balanced diet and moderate exercise are indisputable.

You really are what you eat

You can find out about a balanced diet at the U.S. Department of Agriculture Web site at www.usda.gov. They’ve got articles on good nutrition, the recommended daily allowance food pyramids, theres a special one for those in their

golden years, and links to organic food programs. Find out how your diet over a three-week period measures up against the 21-day diet analyzer. This interesting tool can help pinpoint any problem areas in your diet and suggest foods that may be healthier substitutes.

It is important not to lose vital vitamins and minerals as you age. Imbalances can result in osteoporosis, heart disease, bowel irritations, and certain cancers. Many heath insurance providers will pay for a meeting with a dietician to discuss your nutritional needs. This initial meeting can help you create a balanced diet. If TRICARE is your insurance provider, visit their Web site at

www.tricareonline.com for further details.

Up and at ‘em — a little at a time

Your physician will help you design an exercise program or recommend a specialist to work with you on it. Many health clubs employ trainers whose job it is to set up an exercise program just for you and teach you how to succeed in it. If you’re not the health club type, check your local community center for classes ranging from stretching to tai chi and from kickboxing or dancing. Look for a public pool, tennis

See LIFE, C-6

New Navy Web system tracks ‘total fitness’ readiness

Ingrid Mueller
www.LIFELines.usmc.mil

The key to the Navy’s physical readiness program is recognizing that “total fitness” is a crucial element of mission performance. Recent upgrades to the Physical Readiness Information Management System, including enhanced “read only” access and reporting procedures, help Navy commands get a true picture of their Sailors’ overall fitness, while significantly reducing the administrative workload required to administer the physical readiness program.

“The refinements we are making to PRIMS support the Navy’s goal of developing a culture of fitness,” said Lt. Cmdr. Mike Criqui, physical readiness program manager for the Navy’s Morale, Welfare and Recreation Division at the Navy Personnel Command. “Commanding officers, executive officers and command master chiefs can now be assigned read-only access to all the physical readiness program records within their command, which will enable them to get a better look at the overall fitness of their Sailors.”

Read-only access is available through the command fitness leader.

All commands are required to report their physical fitness assessment data via PRIMS no later than 30 days after conducting the PFA, in accor-



dance with guidelines established in the Navy’s Physical Readiness Program instruction, OPNAVINST 6110.1G. When using the Web-based PRIMS, there is no need to provide any additional reports to Navy Personnel Command on command participation in PFAs.

“The purpose of PRIMS is to make the whole administra-

tion of the physical readiness program easier for the command and for the individual,” explained Criqui. “PRIMS came on line Oct. 1, 2002, and has significantly reduced the command-level administrative workload required to administer the physical readiness program. We estimate that PRIMS has reduced record management time by about 30 percent.”

CFLs can use PRIMS to update individual records, receive and transfer members’ records, and create specialized reports for their command. Other features of the system include risk controls, PFA tracking, administrative warnings and fitness enhancement program enrollment. Using PRIMS means no more “stub-

by pencils” for CFLs, as the system performs the calculations for body fat measurement and computes the overall physical readiness test performance score. Step-by-step instructions for this user-friendly system are available to the CFL through the PRIMS Web site at www.npc.navy.mil/CommandSupport/PhysicalReadiness.

“PRIMS also provides the CFL with checks and balances to ensure risk control measures are in place prior to conducting the physical readiness test,” added Criqui. “The system tracks medical screenings and waivers, and will print a list of individuals who are cleared to participate in the physical readiness test, along with a list of those who are

not cleared to participate.”

Sailors can view their records at any time through the Navy MWR PRIMS Web site by using the social security number as the log-in identification and the BUPERS Online password as a password. Sailors can obtain a BOL password by visiting the BOL Web site.

“I encourage each individual to check their record on PRIMS after the PFA has been recorded to make sure it’s correct. That way, any discrepancies can be resolved at the command level,” said Criqui.

As part of the checks and balances built into the system, CFLs can only make changes to the records of members assigned to their command. In addition, after six months

of PFA completion, record changes can only be made by Navy Personnel Command, which requires a letter from the individual’s commanding officer granting authorization to make the changes.

“A gaining command cannot edit a record that was input by a previous command, even if it was within six months. You can only edit records from your own UIC [unit identification code],” said Criqui. “So, if a record from a previous command needs to be edited, we need to get a letter from that previous commanding officer to make the change. That’s another reason why — especially on a transfer — Sailors should check their records on PRIMS.”



J. Ethan Hoaldrige
Lance Cpl. Erik J. Schuller, Area Control Center, MCBH G-6, launches a ball at the other side as his team dwindled.

SM&SP play ball

J. Ethan Hoaldrige
Combat Correspondent

U.S. Marine Corps Forces Pacific, Camp H.M. Smith, Hawaii — A dodgeball tournament, hosted by the Single Marine and Sailor Program, was held at Camp H.M. Smith, April 15.

The tournament was open to all single service members

See DODGEBALL, C-6



Sgt. Joseph A. Lee
Joe Balcom, Headquarters Battalion base runner, slides into home plate safely in the first inning of their game against VP-47 Monday night. After losing to 1/12 and Headquarters Battalion, VP-47 is out of the competition, and the HQBN Knights play tonight against 1/12 at Riseley Field at 6:15 p.m.

BASEBALL, From C-1

keep the Eagles at bay through the bottom of the inning.

In the fifth and final inning, the Eagles scored two, but it wasn't enough to overcome Headquarters Battalion's three added runs in the top of the inning, and the game ended at 17-9.

"We finally got our players together to play as a cohesive unit," said Knights coach Ubaldo Trujillo after the game. "We've been working very hard lately to play how we know we can, and we'll continue playing at this tempo all the way to the championship game. We're not too concerned about 1/12, as we have beat them several times this season already, but they are trying just as hard as we are, and this is a shot at the championships on the line, so anything can happen."

TERROR, From C-1

dropped a few three-point bombs to close the gap, but quickly lost their grip to Terror Squad's Jovan Mosby's short jumpers. Terror Squad's Keith Morgan attempted to play the three-point game, but couldn't hit his mark. Instead, he resorted to hitting the wide-open Ballentine for the easy two-point buckets, which kept Terror Squad's score climbing late in the game.

With the score a close 32-38, 1/12 seemed to have the wind knocked out of their game, and added to their shots, as air ball after air ball came off 1/12 fingertips. Quickly capitalizing, the Terror Squad realized that their big forwards were being double guarded, leaving Ballentine open to sink not one; not two — but three, three-pointers to put 1/12 away, 48-38 the final score.

"They knocked off the number one team, so we know it took a lot of personal sacrifice to come out here and play as hard as they have during the championship tournament," said Mosby after the game. "But our team just has a strong nucleus, which, in the end, is going to create a team that can overcome and defeat any opponent. We're only as strong as our weakest link, and it just so happens that our weakest link is stronger than their team."

Ballentine credited his teammates for his performance.

"The only reason I was open is because the rest of the team was playing so well."



Sgt. Joseph A. Lee

Softball season kicks off

Marine Aircraft Group 24 steps up to bat against the team from the Installation Personnel Administration Center on the opening night of intramural softball Tuesday night. In the third game of the opening night triple-header, IPAC defeated MAG-24 with a final score of 20-2.

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DODGEBALL, From C-4

from Camp Smith and Marine Corps Base Hawaii, Kaneohe Bay, to give the Marines and Sailors a change of pace in their daily grind at the office during lunch hours.

The SM&SP plans these events at least a few times a month for the Marines and Sailors who show up to work, thinking all there is to being in the military is work.

“Our mission is to show these Marines and Sailors there is life outside of work and to give them the opportunity to meet other troops through our different events we host throughout the year,” said Gabby Black, the MCBH Single Marine and Sailor Program coordinator.

Events like this tournament are planned to do just that.

“This dodgeball tournament worked out great,” Black said. “We had maximum participation, and everyone that came really got into it with a fun, competitive spirit.”

It was a double-elimination tournament, with 11 teams participating.

“Every team came to win, not just to play,” said Lance Cpl. Mark Raymond, traffic management specialist, MCBH Headquarters Battalion.

“It was just a bunch of Marines and Sailors beating each other up with four inflated rubber balls, with a few rules thrown in there to keep it under control,” he continued.

The ‘Warriors’, MARFORPAC G-8, finance

and budgeting section, won the hard fought tournament, reducing teams down to one player at times, when they still had four or five players left on their side of the court.

Regardless of who won, many of the participating Marines agreed that they had a blast at this event.

“The tournament was a great idea. It gave me the chance to break away from work and have some fun with my friends,”

said Lance Cpl. Erik J. Schuller, an area control center clerk, MCBH G-6.

The SM&SP has other events scheduled throughout the year as well. They schedule group trips to tourist attractions and historical sites, other sporting events, and also provide a way to participate in community service projects.

Black said, “We do all of these things to accomplish our mission objectives which are to improve life skills, career progress, recreation, human services and health and wellness.”



J. Ethan Hoaldrige

Sgt. Gerard R. Tenorio, telephone administrator, MARFORPAC G-6, tries to catch the ball to get an opponent out and carry his team to a win, Friday.

LIFE, From C-4

court, running track or walking trail. There are many exercise programs to choose from. Look for activities that hold your attention. If you get bored with your exercise, you’re less likely to keep with it. The goal is to find what works for you and stick to it.

If you’re currently not active at all, slowly introduce exercise into your life. Get some good walking shoes and try walking for a few minutes twice a week at first. Gradually increase the time and frequency, about 10 per-

cent each week. You may find a mild amount of soreness. If it hurts, stop and contact your physician.

Check with the doc

As always, it is recommended that you see your physician before changing your physical activities or diet in any significant way. Show your doctor any tools or information you’re interested in, to see if they’re right for you. Make sure to ask if certain foods may interact with any prescriptions you are currently taking. It is especially important to let your doctor know if

you are taking or considering any herbal supplements or anything containing medicinal herbs.

The main point to remember in continuing (or beginning) your physical fitness program is that changing your lifestyle is a lifelong commitment. Consult with professionals to ensure your safety and improve your results. For peer support, visit seniorjournal.com. Eat right and stay active. It could be the key to the fountain of youth, and you’ll look and feel great. That goes with anybody’s style.

GOAT, From C-3

who’s he?

*(All) — It’s the hard-knock life for us
It’s the hard-knock life for us
No one cares for you a smidge
When your in an NBA orphanage*

*It’s the hard-knock life
It’s the hard-knock life
It’s the hard-knock life!*

Bottom Line: When the NBA starts playing real basketball, The Goat will start writing real columns.

Eastern Conference

- (1) Miami Heat vs. New Jersey Nets: Heat 4–2
- (2) Detroit Pistons vs. Philadelphia 76’ers: Pistons 4–1
- (3) Boston Celtics vs. Indiana Pacers: Pacers 4–3
- (4) Chicago Bulls vs. Washington Wizards: Chicago 4–2

Western Conference

- (1) Phoenix Suns vs. Memphis Grizzlies: Suns 4–2
- (2) San Antonio Spurs vs. Denver Nuggets: Spurs 4–3
- (3) Seattle Supersonics vs. Sacramento Kings: Sonics 4–3
- (4) Dallas Mavericks vs. Houston Rockets: Mavericks 4–3

Trey’s and dunks is all that I see, it used to be about Dr. J but now it’s just Dr. E. You ask me my name? G to the Oizzo, A to the Aizzo, T to the Tizzo, I’m a crazy (its a hard-knock life) Professor (beep) y’all knew that. Professor used to write first that’s all backwards, what’s with that? So I’ll make a prophesy from the goats to the mini-me. Gimme an Escalade, two-way bling-bling on Ebay. Domino, Professor (beep).

PROFESSOR, From C-3

win a title with Don Nelson, love them to win one with Avery Johnson. T-Mac and Yao are no Shaq and Kobe. Mavericks 4–2.

Bottom Line: The NBA’s “second season” is upon us. Too bad the first is never worth watching. Expect the unexpected, and you will never be surprised.

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